

Gratitude Journal

Date: ../../....

3 things I am spiritually grateful for:

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Thank Jesus for all He's done!

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4 things in this life I am grateful for:

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-
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Verse I am reflecting on:



DAY 1



Read Romans 8:1-4

What does our security as believers depend on?

Look up the following verses and write down what they say about our standing:

Ephesians 1:6 -

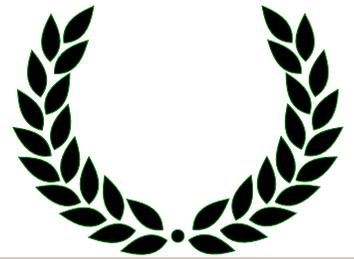
Colossians 2:9,10 -

Romans 5:2 -

What is condemnation? Use BLB.org to help you.

What particular group of people does “no condemnation” apply to?

DAY 1



Look up the following verses and write down the characteristics of those “in Christ:”

Romans 6:11,23 -

1 Corinthians 1:2,30

2 Corinthians 5:17 -

Galatians 3:26 -

Colossians 1:2 -

In Paul’s phrase, “the Spirit of life in Christ Jesus,” how is the Spirit related to life and to Christ (verse 2)?

What has the “law of the Spirit of life in Christ Jesus” freed Paul and us (believers) from?

What reason does Paul give for the Law not working?

Instead of preventing sin, what did the Law reveal?

How did God deal with this issue of sin?

IMPORTANT! This verse (3) says, “in the likeness of sinful flesh.” What does Hebrews 4:15 say about Jesus? Was He a sinner?

DAY 1



Having sent His Son into this sin-cursed world concerning the sin issue, what did He do about it according to verse 3?

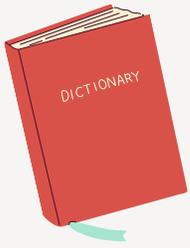
How did God accomplish this (condemning sin in the flesh)? See Acts 2:23, Romans 5:6-8, 1 Corinthians 15:3, and 2 Corinthians 5:21.



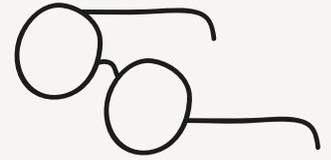
Remember! We have died with Him! Look up Romans 6:2-6 & 1 Peter 2:24 and write down what they say about us dying to sin.

What is the righteousness of the Law?

How is it fulfilled in us (2 Corinthians 3:3-8)?



Day Two



Read Romans 8:5-11

What does verse 5 say that those after the flesh do? What about those after the Spirit?

What is it to be “carnally minded?”

What is it to be “spiritually minded?”

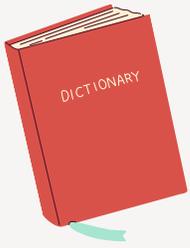
What does verse 6 say to be “carnally minded” brings?

What does verse 6 say to be “spiritually minded” brings?

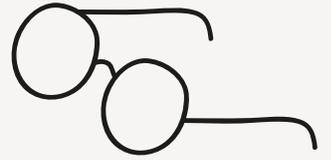
Does Paul mean that you will physically or spiritually die if you are carnally minded?

What does a carnally minded, dead Christian look like?





Day Two



What does verse 7 say the carnal mind is?

What does “not subject to the law of God” mean? See 1 Corinthians 1:18

What does “neither indeed can be” mean? See 1 Corinthians 2:14

Is Paul referring to the unsaved in verse 8 (read on to verse 9 to help you)?

What does verse 8 say those in the flesh aren’t able to do (see Ephesians 2:1-3)?

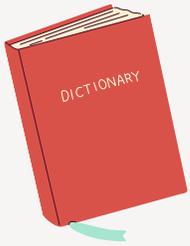
What does verse 9 say about believers?

What does it say about those who do not have the Spirit of Christ?

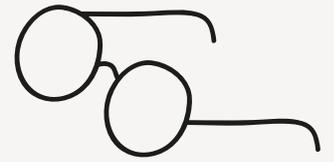
Who is the Spirit of Christ?

According to this verse, what is the line that divides between believers and unbelievers? See Romans 8:4, 1 Corinthians 3:16, Galatians 5:16-24, and Ephesians 1:13





Day Two



How is the body dead because of sin (verse 10)?

What is the Spirit?

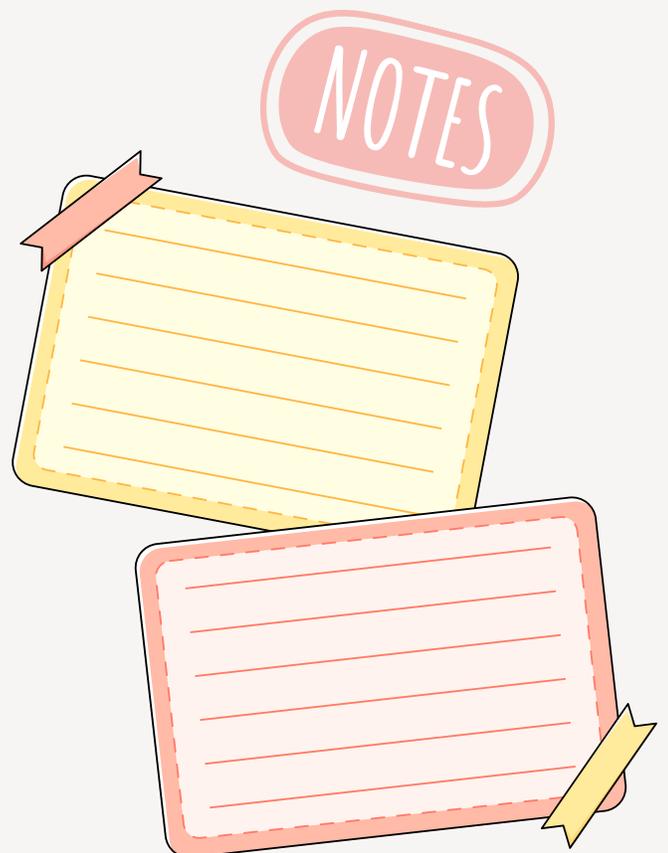
Because of what?

What does this verse mean? See 8:2

Who dwells in us (verse 11)?

What does He quicken?

How?





DAY THREE

Read Romans 8:12-17

“Therefore, brethren, we are debtors, not to the flesh, to live after the flesh.”

What two words in verse 12 show us that all of us (believers) have a joint debt, a mutual responsibility, and are all obligated not to live according to our old man?

If we aren't debtors to the flesh, what are we debtors to?

In verse 13, what two options does Paul present?

Look up Galatians 5:19-21 and write down what the works of the flesh are:

What does it mean to “mortify the deeds of the body?”

How do we mortify the deeds of the body?

“For as many as are led by the Spirit of God.”

How does this show we are not under Law but under grace?

Is this the way we become “sons?”

If no, then how? (See 1 Corinthians 15:1-4, and Romans Road :)

DAY THREE

Read Romans 8:12-17

Fill out the chart below:

Living Under	Requirement
Law - Ex. 19:5	
Grace - Rom. 8:14	
Millennial Reign Ez. 36:24,25,27	

What does verse 15 tell us (believers) did not receive?

What is the spirit of bondage (Galatians 4:24, 5:1, Hebrews 2:15)?

What state did the spirit of bondage leave them in?



Remember! Those under the law were incapable of keeping it due to the weakness of their flesh. Instead of the Law making them righteous, it impressed upon their conscience the greatness of their sin. As the Law produced a sin-laden conscience in those who were in bondage under it, the obvious result was the fear of judgment.



DAY THREE

Read Romans 8:12-17

What does “adoption” mean in this verse?

Who is involved in this adoption?

What does “Abba Father” show us?

What bears witness with our spirit? What does this mean?

What makes it possible for the Spirit of God to communicate with us?

What does it mean to be heirs with God?

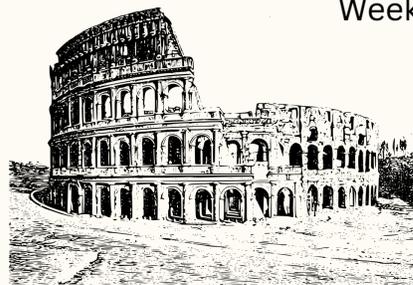
What about joint-heirs with Christ?

How is the Sonship, and all that goes with that, ours? See Ephesians 2:5.6

What a prospect, child of glory,
Does the future hold in store!
By the wildest flights of fancy
Thou couldst never ask for more.
Heir of God, joint-heir forever,
With His own beloved Son!
God could not to you have promised
More of bliss than He has done.

DAY FOUR

Read Romans 8:18-21

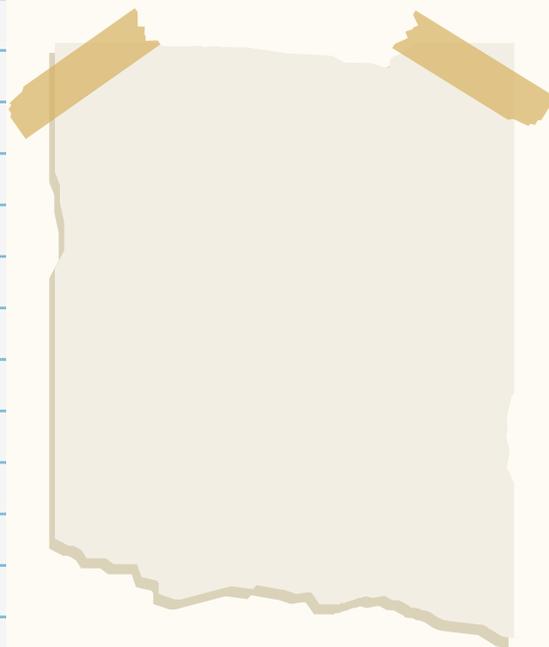


Look up 2 Corinthians 11:23-28 and write out all Paul suffered through:



A large area of blue-lined writing paper with a vertical red margin line on the left side, intended for writing out the sufferings of Paul mentioned in 2 Corinthians 11:23-28.

Now read Romans 8:18 and 2 Cor. 4:17 and write down what Paul says.



Where is the glory revealed?



DAY
FOUR



What is our heavenly hope as believers in this present church age?

How does Paul consider his sufferings in verse 18?

What is creation waiting for with “earnest expectation?”

Did creation have a say in the Adamic Fall? In other words, did it participate?

What does verse 20 say happened to creation?

What is the “hope” in verse 20?

What phrase in verse 21 lets you know the “hope” is a future event?

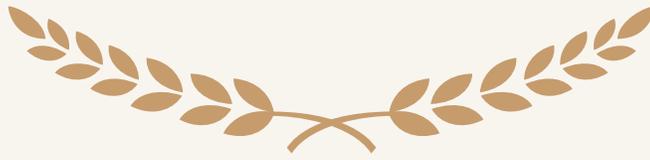
What is bondage of corruption?

What will creation be freed, or delivered from or to? Look up Psalm 98:4-9, Isaiah 35:1,2, 55:12



DAY FIVE

Read Romans 8:22-25



What do we “know”?

What does “until now” mean?

Who does verse 23 tell us is also groaning and travailing?

What are “the first fruits of the Spirit?” (Ephesians 1:13-14, 2 Corinthians 1:22, 5:5)

What does it mean to “groan within ourselves?” Refer back to 7:15-25

What are we waiting for? (8:17, Philippians 3:20-21)?

Look up the following verses and see what things the believer is told to wait for:

1 Thessalonians 1:9, 1 Thessalonians 4:16-18, Titus 2:13 -

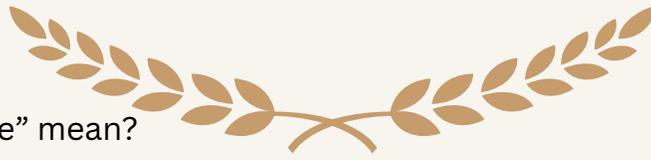
1 Corinthians 15:51-53, Philippians 3:20-21 -

Galatians 5:5 -

And all of this causes us to? Romans 5:2



DAY FIVE

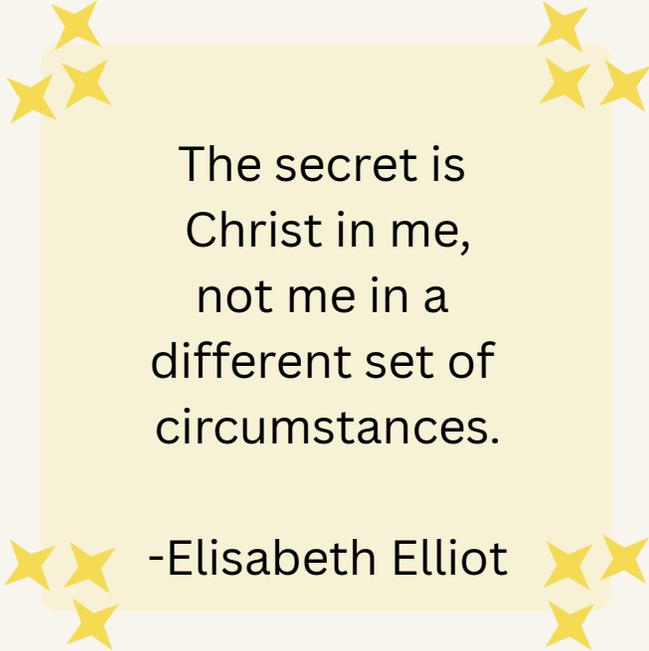


What does “saved by hope” mean?

What does “hope that is seen is not hope” mean? What is Paul saying here?

What does verse 25 tell us we are hoping for?

And how are we waiting for it? 1 Corinthians 1:7, Philippians 3:20, Hebrews 9:28



The secret is
Christ in me,
not me in a
different set of
circumstances.

-Elisabeth Elliot

